



 skizenit

*ZINAL RACE SKI -
PRIVATE TRAINING*

AUTUMN - WINTER

Zinal, Switzerland



E S C A P E T H E O R D I N A R Y



Zinal 20 November-15 April with a totally personalized program



All age groups and racing levels



One trainer is hired daily by one racer or a formed group of racers during a 4h morning session or a full day with a double session morning-afternoon.

THE METHOD

Zinal is a true training paradise since they open exclusively for racers on November 20th, as soon as the cold temperatures allow the use of their powerful artificial snow making system and the fresh snow arrives.

Racers can hire a Ski Zenit **trainer privately for a 4 hour morning session or for a full day**, double session with lunch at the restaurant by the training lanes.

During the Winter when it is open normally to any skier and even during the high seasons, there are still great runs reserved for race training.

Utilizing these facilities we can make very **personalized ski training sessions with top quality conditions**, both for free and gates skiing, working on three disciplines (SL, GS and SG) and with great off piste skiing possibilities for developing skills while playing.

Our private training sessions in Zinal are **true performance boosters for racers of any age or racing level**. One trainer can be hired by one racer or by a group of racers of maximum 4 people per trainer, until April 15th.

For those ski teams, ski clubs or any other group wanting to organise their own training, Ski Zenit can provide them with all the services they might require.

- ✓ Fully adaptable training plan.
- ✓ Morning 4 hour of full day double session ski training.
- ✓ All resources needed such as reserved training lanes, gates and timing systems.
- ✓ Possibility to work on three disciplines SL, GS and SG.
- ✓ Video Analysis
- ✓ End of camp videos

PRICES AND RATES

	PRICE 1 ATHLETE / DAY	PRICE 2-3 ATHLETES / DAY
FULL DATE PRIVATE COACH	430 SFr.	525 SFr.
4 HOURS PRIVATE COACH	300 SFr.	400 SFr.
FULL DAY SHARED COACH	150 SFr. per racer in a group with 4 to 7 racers with 1 coach	
4 HOURS SHARED COACH	135 SFr. per racer in a group with 4 to 7 racers with 1 coach	
SKI PASS	Up to 15 years old	30 SFr. / day
SKI PASS	16 years old and older	40 SFr / day
LUNCH MENU	In restaurant by the training slopes	22 SFr. meal
OPTIONAL	Accommodation, fisher race skis & boots and airport transfer	



IMPORTANT INFORMATION

ZIN AL TRAINING

SKI ZENIT

Zenit Ski Racing is devoted to ski racers of all ages and nationalities offering the highest quality in ski race training.

Our training methods and expertise in technical and physical conditioning for alpine skiing are the result of many years of experience working with athletes at all levels, from the most basic to high performance.

Ski Zenit's coaching staff is formed by a group of experienced professionals that

are always seeking the best training possible. In our team we utilize experienced race coaches and very highly qualified ski instructors.

This allows us to provide our more advanced athletes with very specialized tactical and technical training and our less experienced ones with deep reinforcement of their technical foundations and tactical basic knowledge.

BOOKING

Places in each week of the camps are limited, so early booking is highly recommended to ensure you can reserve the places you require.

All bookings must be done through our website (www.skiracingcamps.ch) or by email to: info@skizenit.ch.

When **booking ski training with us** it is very important that we are provided with enough information about each athlete via our online booking form which **includes the following**:

- 1 Personal information. (Name, contact details and date of birth)
- 2 Languages spoken
- 3 Skiing skills
- 4 Racing experience
- 5 Physical condition
- 6 Allergies or food intolerances
- 7 Illness or physical limitations
- 8 Brand, model and length of skis and boots to bring to the training
- 9 Skiing videos



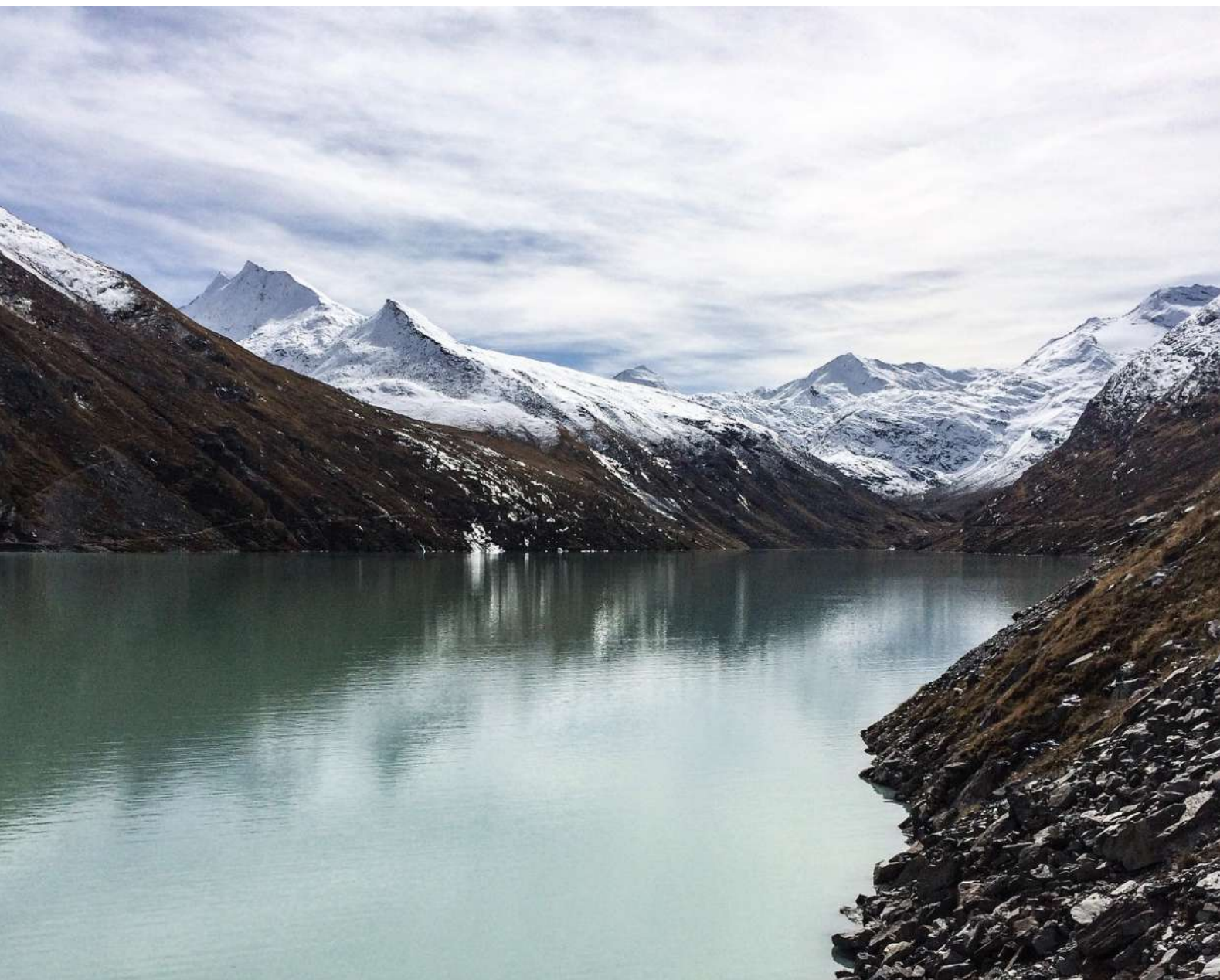
General terms and conditions

Our booking personnel will provide you with all information needed in order to attend the camp and send you an invoice for the total cost.

First 50% of the invoice must be paid within 10 days in order to confirm the booking and secure the place. The remainder of the invoice must be paid before arrival.

Please read carefully our **GENERAL TERMS AND CONDITIONS** before booking.

Feel free to enquire about accommodation in a variety of hotels and apartments or about airport shuttles if you require these.



THE TOWN

Zinal is a small village with a very Alpine atmosphere. It is surrounded by stunning peaks which reach up to 4200 m.

In the town you can find all services and a variety of accommodations in hotels, apartments and chalets.



THE SKI AREA

Zinal is a medium-sized ski area with a great variety of terrain and reserved training runs.

Due to its height and exposition it opens in mid-november with the first snowfalls and the artificial snow produced by its powerful snow-making system, enabling great quality trainings since before the winter season and until the very end of it.

We consider Zinal a true training paradise in which we can benefit from great freeskiing terrain and a variety of training runs for course setting.



SKI TRAINING

Our Autumn and Winter private ski trainings in Zinal are completely personalized to each athletes needs and intended to make them improve through a thoughtful and intense training method.

Sessions will be adapted to each one's goals and skills and designed to challenge and improve.



HYDRATION, NOURISHMENT AND SUN PROTECTION

Proper water intake is an important factor for all athletes.

Athletes taking part in our camps must take even greater care because of the altitude on the mountain and the low relative humidity.

For training on the slopes and post-ski workouts, **athletes must carry at least one liter of liquid in their training backpack** which must be consumed during the course of the training session.

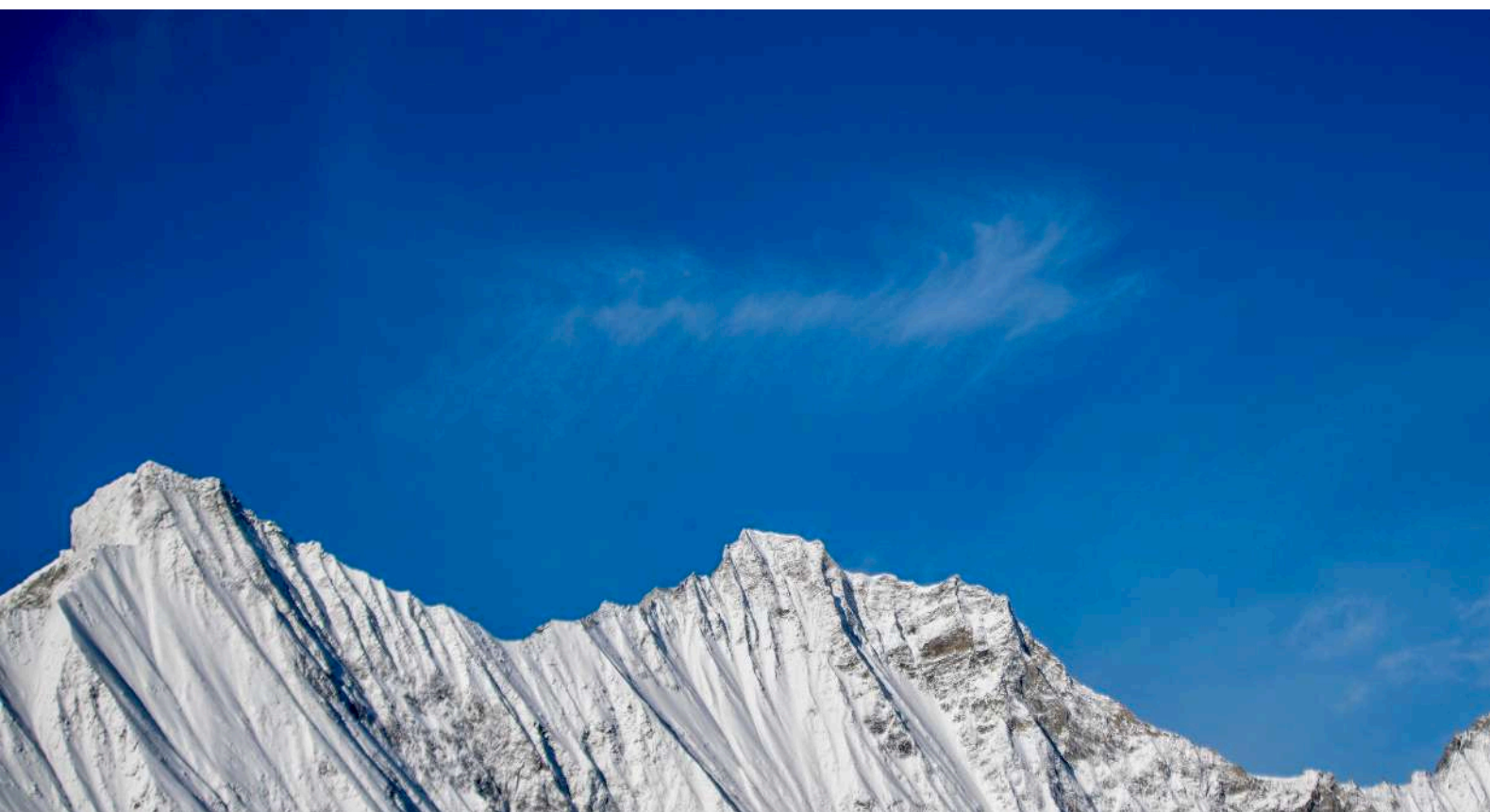
Sun protection using high factor sun cream is also indispensable. You must also carry quick-energy, salty snacks with you to mountain training (energy bars, nuts, fruit, and sandwiches).

There is always a break during mountain training to eat snacks.

Athletes staying in our hotel will be offered a variety of snacks to choose from at breakfast time every morning.

A **well-balanced and abundant breakfast before training is also of vital importance** and we will insist that all our athletes heed this recommendation.

While athletes are training with us, their diet should be varied, healthy and sufficient and must include fruits and vegetables. **Our ski camps include instruction on healthy eating habits.**



SKI TRAINING EQUIPMENT

- Race-quality ski boots with appropriate size and flex index.
- GS skis in appropriate length and with good edges and bases.
- SL skis in appropriate length and with good edges and base (starting from age 10).
- GS ski poles.
- SL ski poles with slalom handguards (starting from age 11).
- Slalom shin guards protection (starting from age 10).
- Good quality helmet approved for ski racing.
- Slalom chin guard (starting from age 11).
- Back protection.
- GS skis in appropriate length and with good edges and bases.
- Sun lens goggles.
- Low light/ fog lens goggles.
- Ski gloves.
- Training backpack with enough space for ski boots, jacket, goggles, helmet, water, snack.
- Water bottle to take up to the slopes.
- High-factor sun cream.

Fischer Ski Racing Skis & Boots.

Ski Zenit can provide athletes with Fischer racing skis and boots at a special price.

Equipment must be ordered and paid for at least 3 weeks in advance. We can assist you in choosing the most appropriate length, size and model.

Athletes who have made purchases will pick up their new equipment at the local Valsport Grimentz shop upon arrival.

They also offer professional boot fitting and ski tuning.



CLOTHING

- Racing suit (not mandatory).
- Training windbreaker jacket.
- Thermal layer for under ski jacket.
- Ski long pants.
- Ski warm jacket.
- Thermal base layers for body and legs.
- Ski socks.
- Neck warmer.
- Underwear.
- Tee-shirts for condition training.
- Sport pants and sweater.
- Street clothes.
- Sport shoes for running.
- Training shorts when using race suit.

INSURANCE

All athletes participating in the Camp must have current ski accident insurance valid in Switzerland covering at least civil liability, rescue on the slopes including helicopter, medical treatment and repatriation. We recommend insurance which also reimburses you for services unused due to injury (ski pass, training, lodging, etc.).

Participants' insurance card copies should be given to Ski Zenit leaders upon arrival or a copy can be sent ahead of time.

Switzerland has agreements with EU Member States for medical assistance at public hospitals.

In order to take advantage of such agreements, you must have the European Health Insurance Card (EHIC). You need to apply for this card well in advance at your local medical centre in the EU.

TRAVEL DOCUMENTS

Switzerland is a member of the Schengen Area meaning that travellers from EU countries which are party to that treaty may enter the country with their identity card. However, minors must always travel with a valid passport.

Travellers from other countries must check the conditions for entry into Switzerland before embarking on their trip.

TRANSFERS FROM / TO THE AIRPORT



Ski Zenit offers its athletes and their chaperones a transfer service in comfortable mini-buses from/to the Geneva, Zürich, Basel or Milan airports. Transfer by motorway takes about three hours.

These transfers are organized through a local company with professional drivers. All airport transfer drivers are able to check-in all young athletes traveling alone.

LODGING IN ZINAL

We can help you find your accommodation in Zinal during the training. Please enquire us. Zinal offers a variety of hotels, chalets and apartments.

ARRIVAL TO ZINAL BY PUBLIC TRANSPORT

Convenient train service is available from the Zurich, Geneva and Basel airports to the town of Sierre taking about 2 hours and 30 minutes.

From the Sierre train station you must take a bus to Vissoie (one bus per hour) which takes about 35 minutes.

From Vissoie take the bus going to Zinal for another 20 minutes. You can purchase all legs of the trip on a single ticket. Taxis from Sierre are also available.





www.skizenit.ch



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